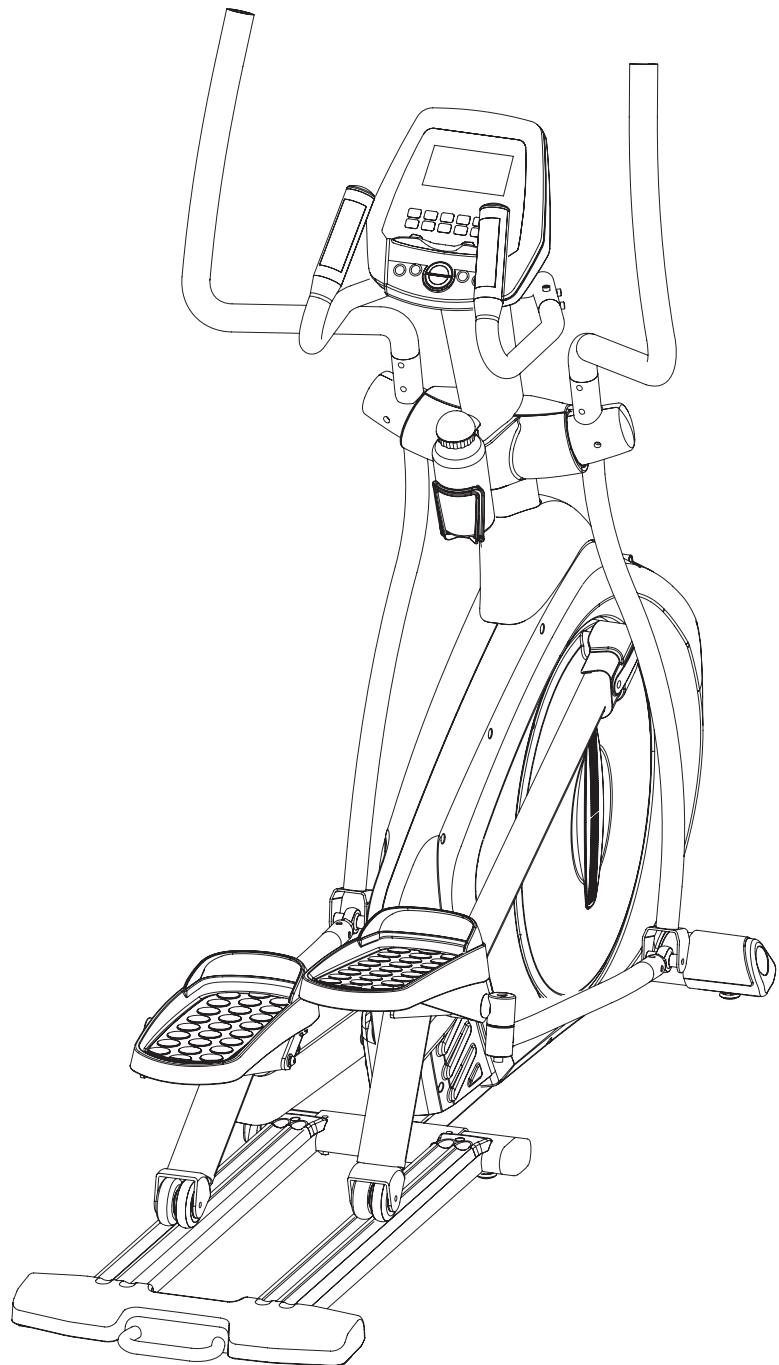


**BH**

**XS3 Elliptical**



**OWNER'S MANUAL**

*BH North America   Foothill Ranch, California 92610*



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## ATTACHMENT - A

### IMPORTANT SAFETY ADVICE

#### PRECAUTIONS

This elliptical has been designed and constructed to provide maximum safety. Nevertheless, certain precautions should be taken when using exercise equipment. Read the whole manual before assembling and using the elliptical. The following safety precautions should also be observed:

1. Keep children or pets away from this equipment at all times. DO NOT leave them unsupervised in the room where this elliptical is kept.
2. It can only be used by one person at a time.
3. If you experience dizziness, nausea, chest pains or any other symptom while using this appliance STOP the exercise. SEEK MEDICAL ATTENTION IMMEDIATELY!
4. Use the unit on a mat, placed level, on solid surface. Adjust the stabilizer for assure stability.
5. Keep your hands well away from any of the moving parts.
6. Wear clothing suitable for doing exercise. Do not use baggy clothing that might get caught up in the elliptical. Always wear running shoes or trainers when using the machine.
7. This appliance must only be used for the purposes described in this manual. DO NOT use accessories that are not recommended by the manufacturer.
8. Do not place sharp objects near the machine.
9. Disabled people should not use the machine without the assistance of a qualified person or a doctor.
10. Do warm up stretching exercises before using the equipment.
11. Do not use the elliptical if it is not working correctly.
12. The moving elliptical pedals can cause injury.
13. Before using the elliptical, thoroughly inspect the elliptical for proper assembly.
14. A parameter distance of 3 feet / 1 meter is required before operating the unit.
15. This elliptical is not suitable for therapeutic use.
16. This elliptical should only be used after a through review of the operation manual and the warning label.

**Caution: Consult your doctor before beginning to use the elliptical. This advice is especially important for those over 35 years of age or suffering from health problems.**

**Read all of the instructions before using any exercise equipment.**

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**KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE**

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## ATTACHMENT - B

### TRAINING GUIDELINES

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

### Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

**Strength** is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

**Muscular Endurance** is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km/6.2 mi without stopping.

**Flexibility** is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

**Cardio-Respiratory Endurance** is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

#### Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (Vo<sub>2</sub>). This is often referred to as your **aerobic capacity**.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased Vo<sub>2</sub> indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

#### Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter/328 feet sprint).

#### The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

#### Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

#### Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

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## ATTACHMENT - B

### Specifics

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

### Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

### Warm Up

Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

### **Warm Down or Cool Down**

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

### Heart Rate

As you exercise, the rate at which your heart beat increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

### Pulse Count

The pulse count(on your wrist or carotid artery in the neck, taken with two index fingers)is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

---

## ATTACHMENT - B

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

### **Muscle Soreness**

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

### **What to Wear**

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

### **Breathing during Exercise**

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

### **Rest periods**

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

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## ATTACHMENT - B

### SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

#### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

#### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

#### 3. Calf/Achilles Stretch

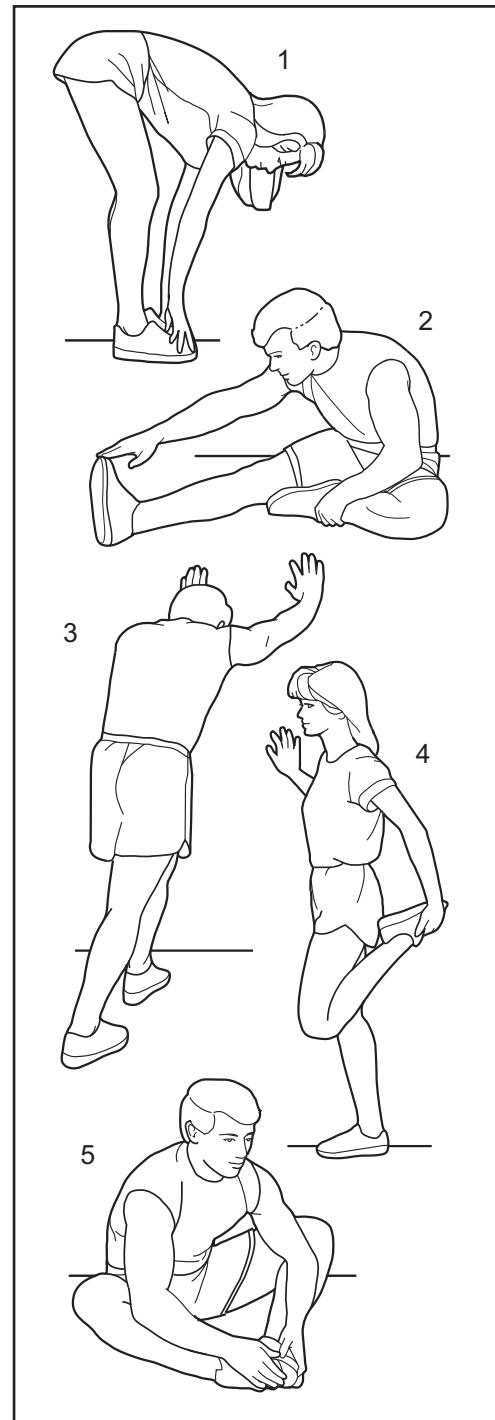
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

#### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

#### 5. Inner Thigh Stretch

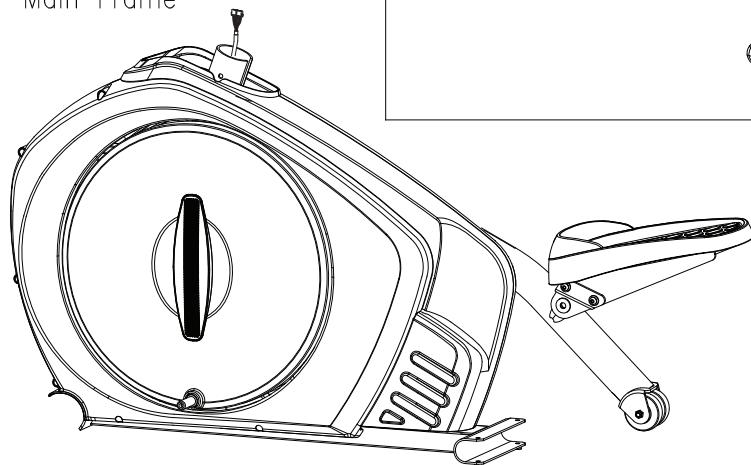
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



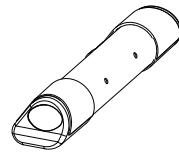
## PARTS & HARDWARES

*PARTS LIST*

Main Frame

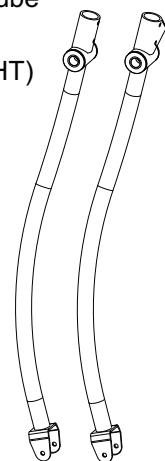


Front stabilizer



2 Connect handle bar tube

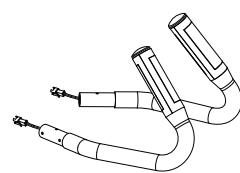
P1(RIGHT)



P2(LEFT)

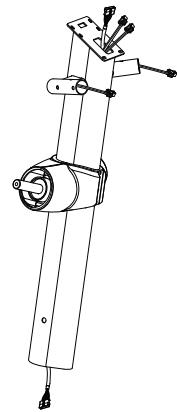
Front handlebar

G1(RIGHT)

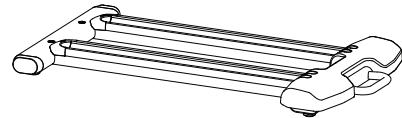


G2(LEFT)

Central support tube

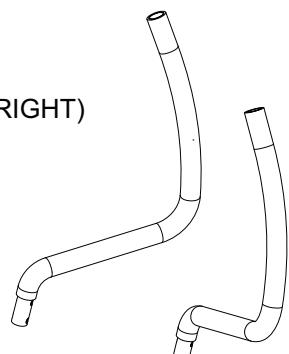


Side Track



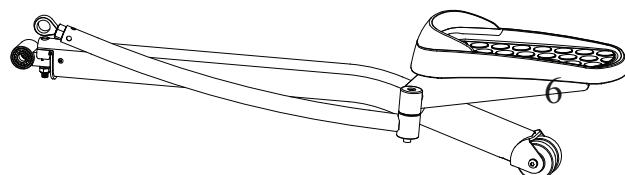
Side handlebar

E1(RIGHT)



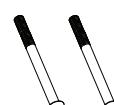
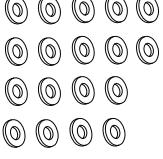
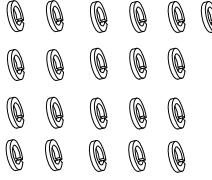
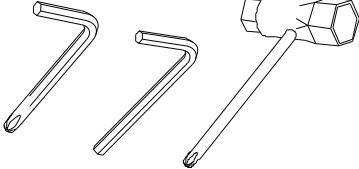
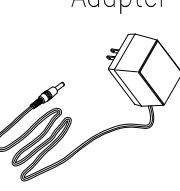
E2(LEFT)

Connected pedal tube(RIGHT)



## PARTS & HARDWARES

*PARTS LIST*

				
<b>0</b>		<b>N1 SCREW M8X58</b> 	<b>N2 SCREW M8X70</b> 	<b>Decoration cover of pedal tube</b> <b>L-(L)</b> 
<b>N3 SCREW M8X20</b> 		<b>N4 SCREW M10X112</b> 	<b>N5 SCREW M5X20 BK</b> 	<b>L-(R)</b> 
<b>N7 SCREW M8X15</b> 		<b>N8 SCREW M8X20</b> 	<b>N10 SCREW M4X10</b> 	<b>5</b> <b>S2(REA)</b> 
<b>N14 WASHER -88</b> 		<b>N15 WASHER -8e8</b> 	<b>N17 SPRING WASHER M10</b> 	<b>N6 SCREW M6X10</b> 
<b>N18 BUSHING</b> 		<b>N20 WASHER -8e8</b> 	<b>N21 WASHER -8e8</b> 	<b>N13 SPRING WASHER M8</b> 
<b>N22 NUT M8</b> 		<b>TOOL</b> 		
				

## PRE-ASSEMBLY INSTRUCTION

### GENERAL INSTRUCTIONS

Carefully read through the instructions contained in this manual. It provides you with important information about assembly, safety and use of the machine.

1. This unit has been designed for light commercial use. The weight of the user must not exceed 400 lbs. (181 kg.)
2. Keep your hands well away from any of the moving parts.
3. Parents and/or those responsible for children should always take their curious nature into account and how this can often lead to hazardous situations and behavior resulting in accidents. Under no circumstances should this appliance be used as a toy.
4. The owner is responsible for ensuring that anyone who uses the machine is duly informed about the necessary precautions.
5. Your unit can only be used by one person at a time.
6. Use suitable clothing and footwear. Make sure all laces/cords are tied correctly.

### KEEP THESE INSTRUCTIONS SAFE FOR FUTURE USE

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**Mon - Fri 8am - 5pm PST**

# ASSEMBLY

FIGURE 1

## ASSEMBLY FOR FRONT STABILIZER

Secure the front stabilizer(B) to the main frame(A) using two screw(N4), two spring washer(N17) and two washer(N15).

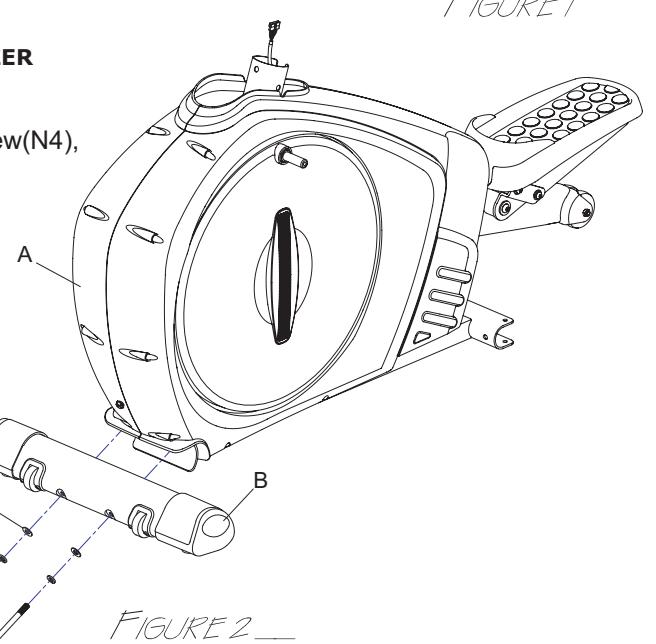
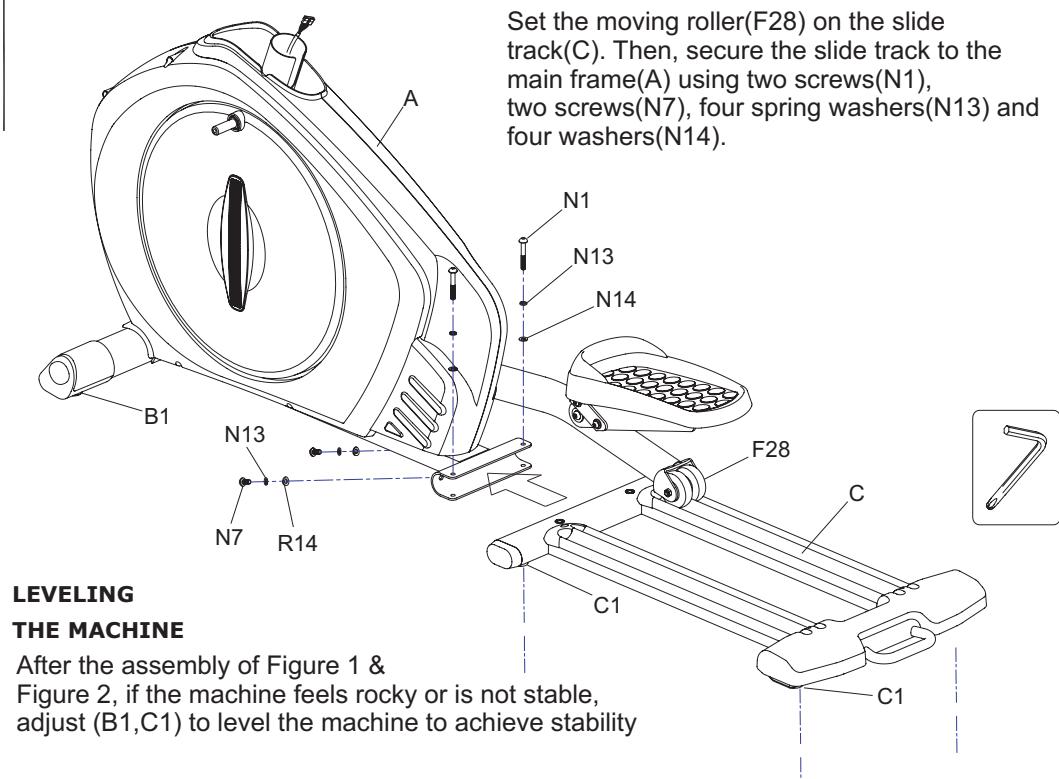


FIGURE 1

FIGURE 2

## ASSEMBLY FOR SLIDE TRACK

Set the moving roller(F28) on the slide track(C). Then, secure the slide track to the main frame(A) using two screws(N1), two screws(N7), four spring washers(N13) and four washers(N14).



## LEVELING

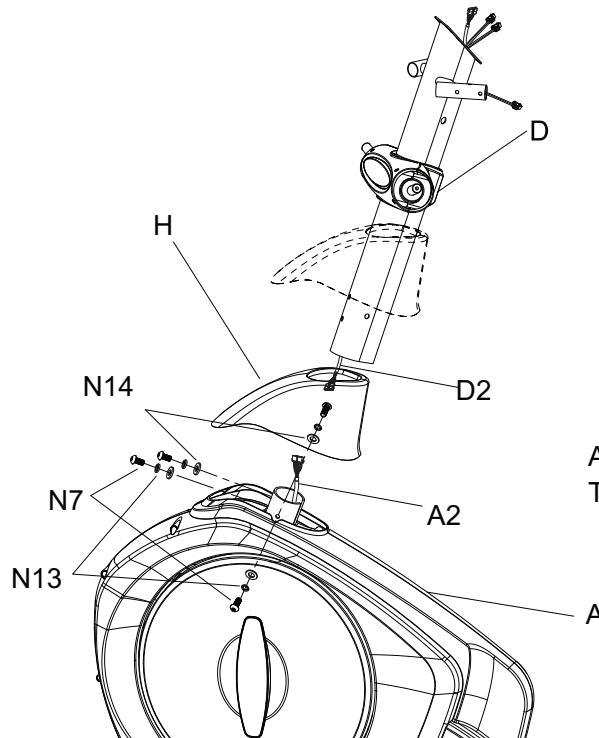
## THE MACHINE

After the assembly of Figure 1 & Figure 2, if the machine feels rocky or is not stable, adjust (B1,C1) to level the machine to achieve stability

## ASSEMBLY INSTRUCTIONS (cont'd)



**FIGURE\_3**  
**CENTER SUPPORT TUBE ASSEMBLY**



Step 1. Slide decorative cover(H) into center support tube (D)

Step 2. Connect (D2) to (A2)  
Place center support tube (D) on main frame(A) and secure with 4 each bolts(N7), washers (N14) and spring washers.

**ATTENTION: TAKE CARE NOT TO PINCH THE CABLES DURING THE ASSEMBLY**

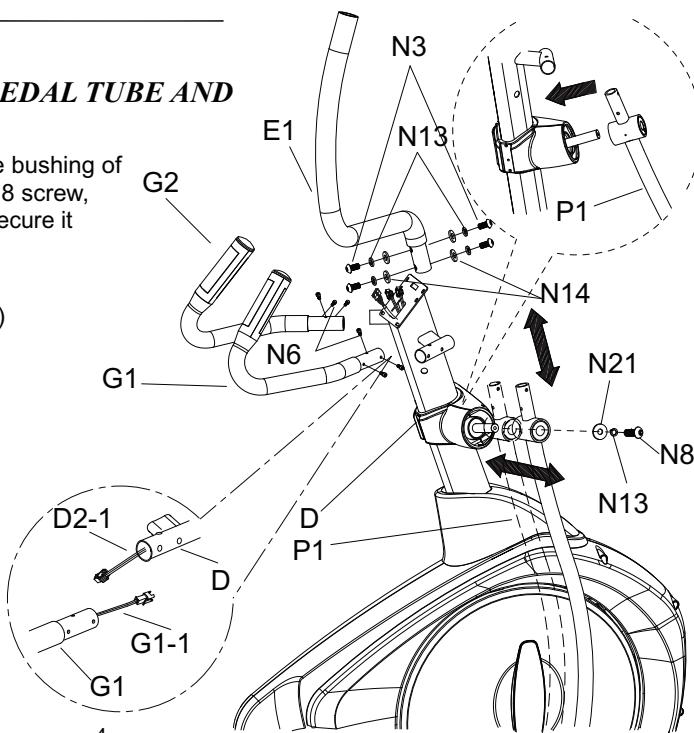
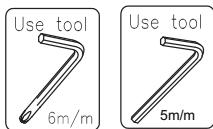
*FIGURE 4*

**Figure 4**  
**LEFT MOVING HANDLE BAR, PEDAL TUBE AND SIDE HANDLE BAR ASSEMBLY**

Step 1. Slide the pedal tube (P1) onto the bushing of the center support tube (D). Use N8 screw, (N13) spring and (N21) washer to secure it

Step 2 Attach right moving handle bar(E1) to center tube(D) and use screw (N3), (N13) and (N14) to secure them together

Step 3 Connect cable (D2-1) and (G1-1) then slide handle bar (G1) into the fitting of the center tube (D).



## ASSEMBLY INSTRUCTIONS (cont'd)

FIGURE 4-1

### Figure 4-1 ASSEMBLY FOR RIGHT HANDLE BAR TUBE WITH RIGHT PEDAL TUBE

Step 1 Insert bushing (N18) into pedal tube (A)  
 Step 2. Assemble handle bar tube (P1) to pedal tube (A) and secure it with bolt(N2), (washerN13), washer(N14) and nut(N22).

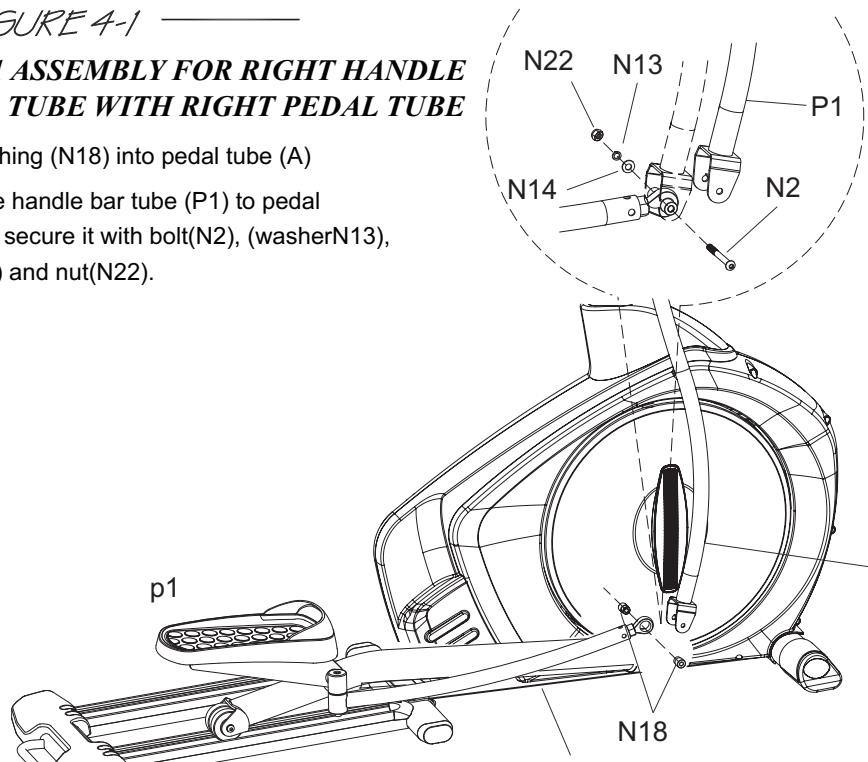
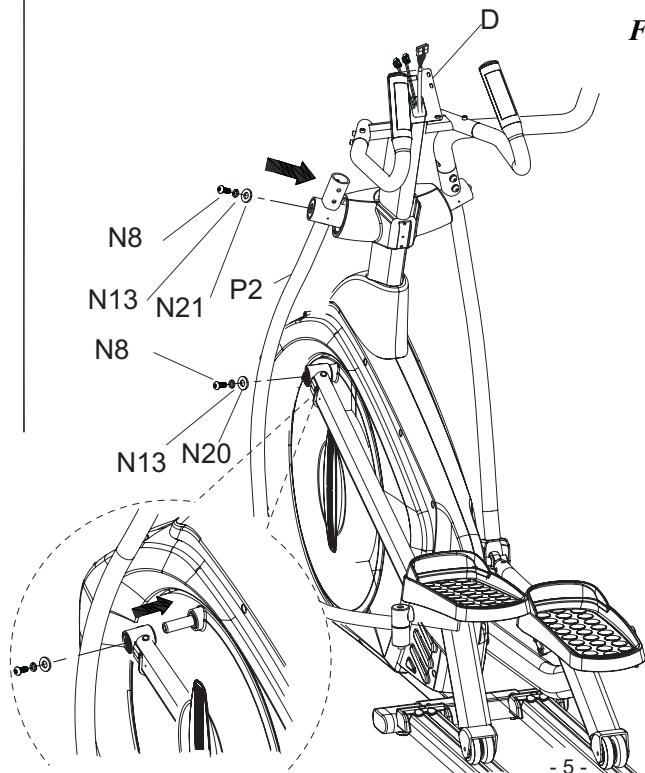


FIGURE 4-2

### Figure 4-2 ASSEMBLY FOR PEDAL TUBE,



Step1. Assemble crank arm tube with flywheel shaft and secure it with screw(N8), washer(N13) and washer(N20).

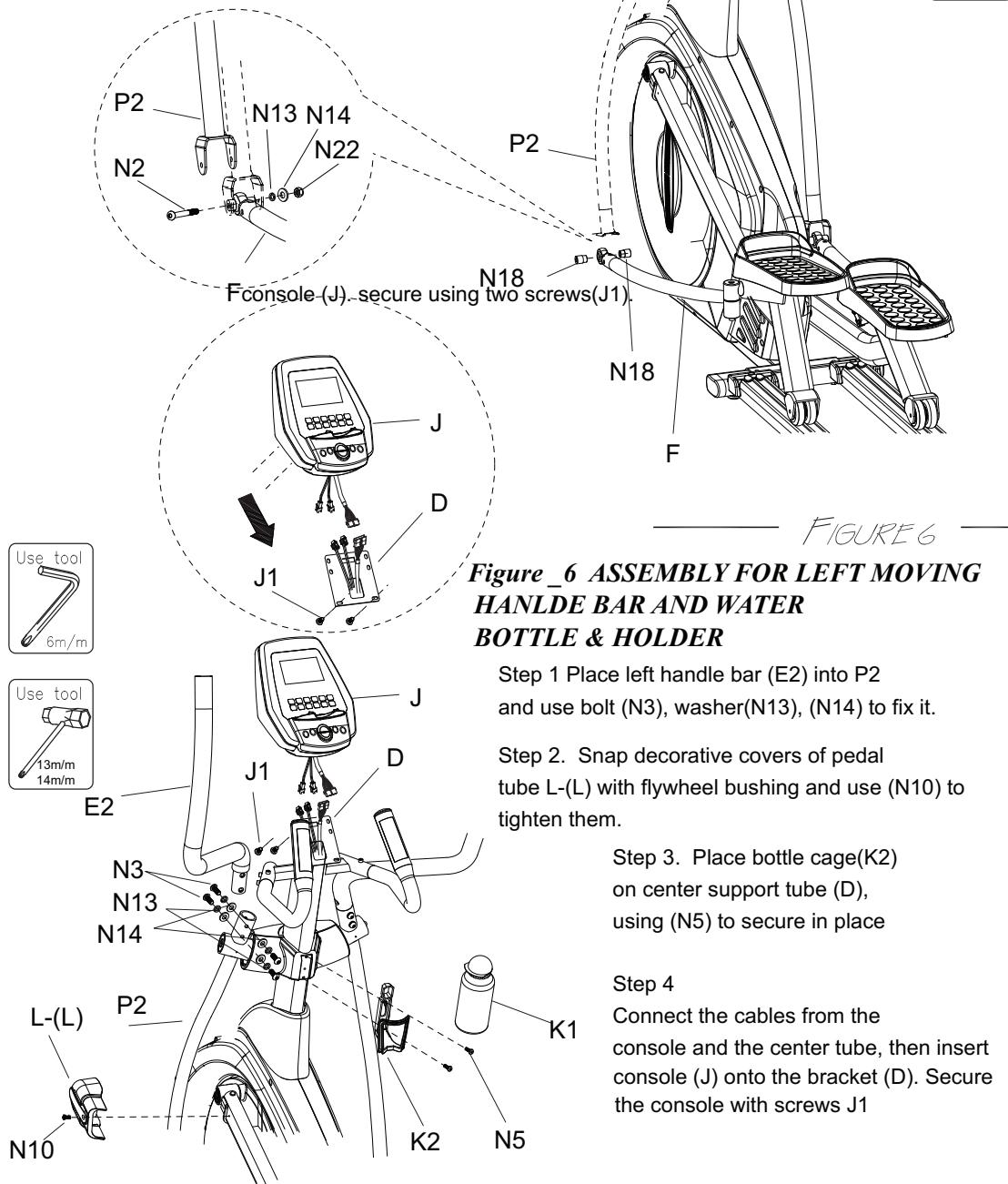
Step 2. Slide pedal tube (P2) onto the bushing of center support tube (D) and connect handle bar tube (P2), secure with (N8), (N13) & (N21).

## ASSEMBLY INSTRUCTIONS (cont'd)

### FIGURE 5 ASSEMBLY FOR LEFT HANDLE BAR TUBE WITH LEFT PEDAL TUBE

Step 1 Insert bushing (N18) into pedal tube (A)

Step 2. Assemble handle bar tube (P2) with pedal tube (A) and secure it using bolt(N2), washer(N13), (N14) and nut(N22).



### FIGURE 6 ASSEMBLY FOR LEFT MOVING HANDLE BAR AND WATER BOTTLE & HOLDER

Step 1 Place left handle bar (E2) into P2 and use bolt (N3), washer(N13), (N14) to fix it.

Step 2. Snap decorative covers of pedal tube L-(L) with flywheel bushing and use (N10) to tighten them.

Step 3. Place bottle cage(K2) on center support tube (D), using (N5) to secure in place

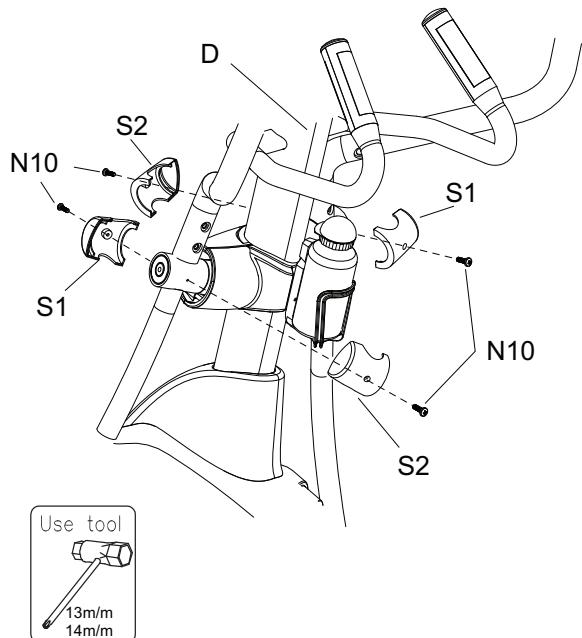
Step 4  
Connect the cables from the console and the center tube, then insert console (J) onto the bracket (D). Secure the console with screws J1

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## ASSEMBLY INSTRUCTIONS (cont'd)

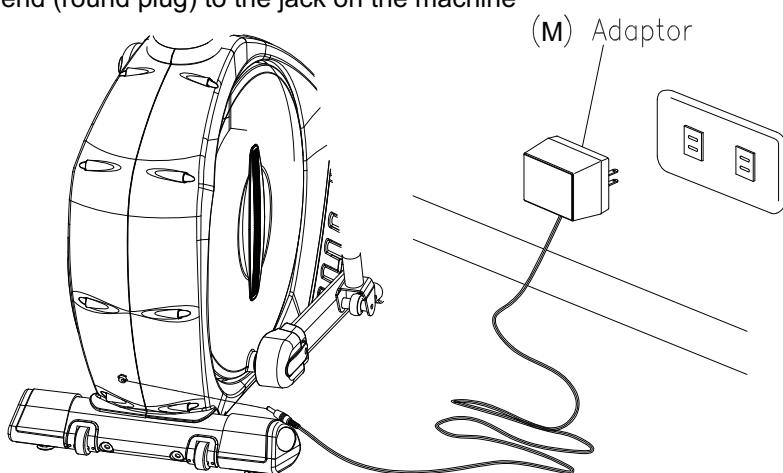
**FIGURE\_7 ASSEMBLY FOR HANDLEBAR COVER**

Step 1. Snap decoration covers for the handle bar S1, S2 together and secure to center support tube using N10.



**FIGURE\_8 USE THE ADAPTOR**

Place the machine near a wall outlet and plug in the adaptor provided. Plug the other end (round plug) to the jack on the machine

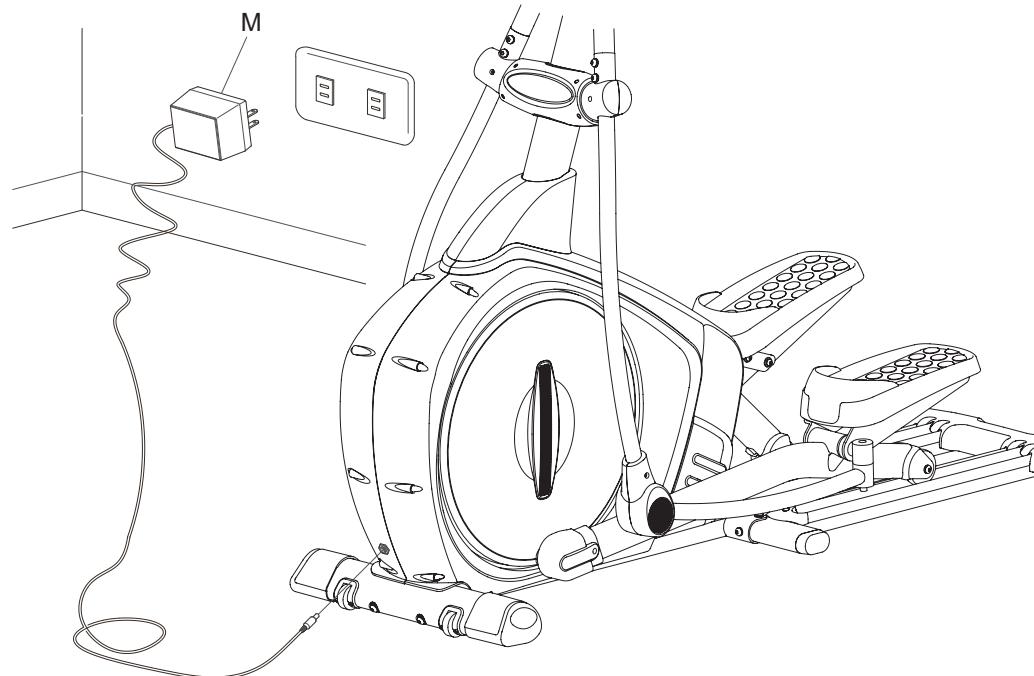


*FIGURE 8*

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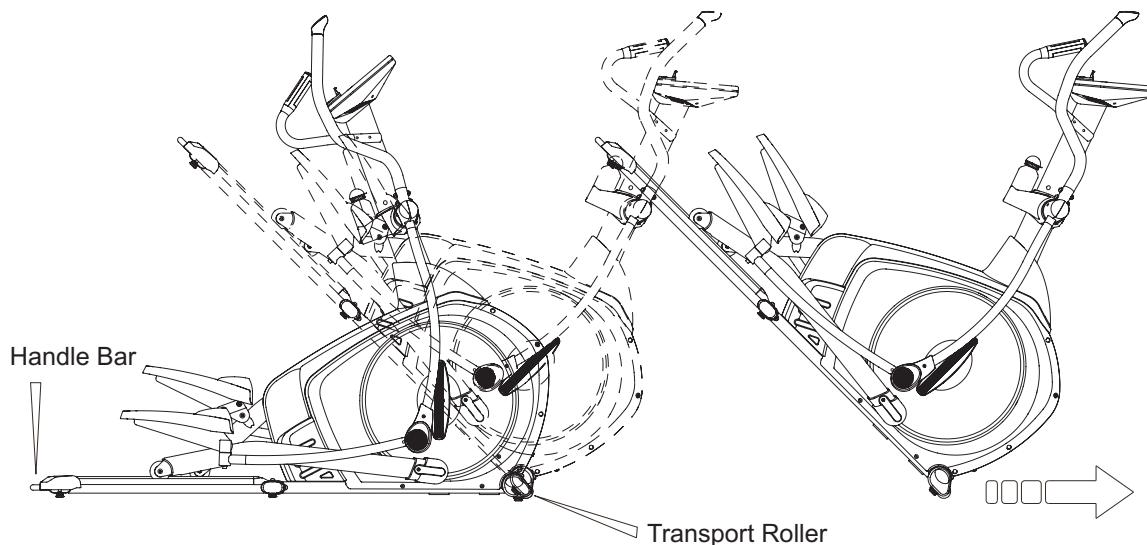
## ASSEMBLY INSTRUCTIONS (cont'd)

### USE THE ADAPTOR



Place the machine near a wall outlet and plug in the adaptor(M), plug the other end (round plug) of the adaptor to the jack on the machine.

### MOVE THE MACHINE



To move the machine, pick the machine up from the end of the slide track. Then, push or pull the machine on its rollers equipped on the front stabilizer.

## CONSOLE



### FUNCTION BUTTONS:

MODE - To confirm all setting values.

RESET - To reset all setting values.

Press and hold for 2 seconds, monitor will resume to power-up mode.

START/STOP - To start or stop training.

When time count down to 0:00, the computer will stop automatically and beep for 8 seconds. Time will resume to previous setting value.

When user stops training by themselves, the computer will remain all the setting values and display heart rate chart

UP - To make upward setting.

DOWN - To make downward setting.

RECOVERY - In stop or start mode, press the button will start heart rate recovery status measurement. Time will count down from 60 seconds.

FAN - To turn on or turn off the fan

P1 -Switch to program profile 1.

P2 -Switch to program profile 2.

P3 -Switch to program profile 3.

P4 -Switch to program profile 4.

P5 -Switch to program profile 5.

P6 -Switch to program profile 6.

P7 -Switch to program profile 7.

P8 -Switch to program profile 8.

P9 -Switch to program profile 9.

P10 -Switch to program profile 10.

P11 -Switch to program profile 11.

P12 -Switch to program profile 12.

### DISPLAY EXERCISE DATA:

TIME Display range 0:00~99:99 ; Setting range 0:00~99:00

DISTANCE Display range 0.00~99.99 ; Setting range 0.00~99.90km

CALORIES Display range 0~9999 ; Setting range 0.00~9990

PULSE Display range P-30~240 ; Setting range 0-30~240

SPEED 0~99.9km

RPM 0~999

## **CONSOLE (cont'd)**

1. Connect the adaptor and computer will power on with a long beep sound, LCD display all segments (drawing A) for 2 seconds.
2. Computer will display main menu (drawing B).
3. In main menu, first exercise program MANUAL will flash, user may press UP and DOWN button to select

### **MANUAL PROGRAM (P1-P12), USER HRC WATT**

#### **4. Quick Start and Manual :**

Before exercise in Manual mode, user may set up TIME, DISTANCE, CALORIES and PULSE target. After power on, user may press START/STOP button to start exercise in MANUAL immediately without any setting.

Resistance level can be adjusted during exercise by pressing UP or DOWN.

#### **5. PROGRAM □**

In Stop mode, user may press buttons of P1 – P12 to select programs.

Before exercise in Program mode, user may set up TIME target.

Press UP and DOWN to select Program profiles and press ENTER/MODE to confirm.

Levels can be adjusted during exercise by pressing UP or DOWN.

#### **6. H.R.C. □**

Before exercise in H.R.C. mode, user may select 55%, 75%, 90% or Target pulse.

Computer will automatically process user's input and come up with certain target bpm.

User may set up workout time and press START/STOP button to start exercise.

#### **7. USER PROGRAM □**

User may press UP, DOWN and then press MODE to create his own profile (from segment 1 to segment 20). User may press and hold MODE button for 2 seconds to quit profile setting.

#### **8. RECOVERY :**

After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status as F1,F2....to F6. with F1 being the best, F6 being the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

## **MAINTENANCE INSTRUCTIONS**

### **CLEANING**

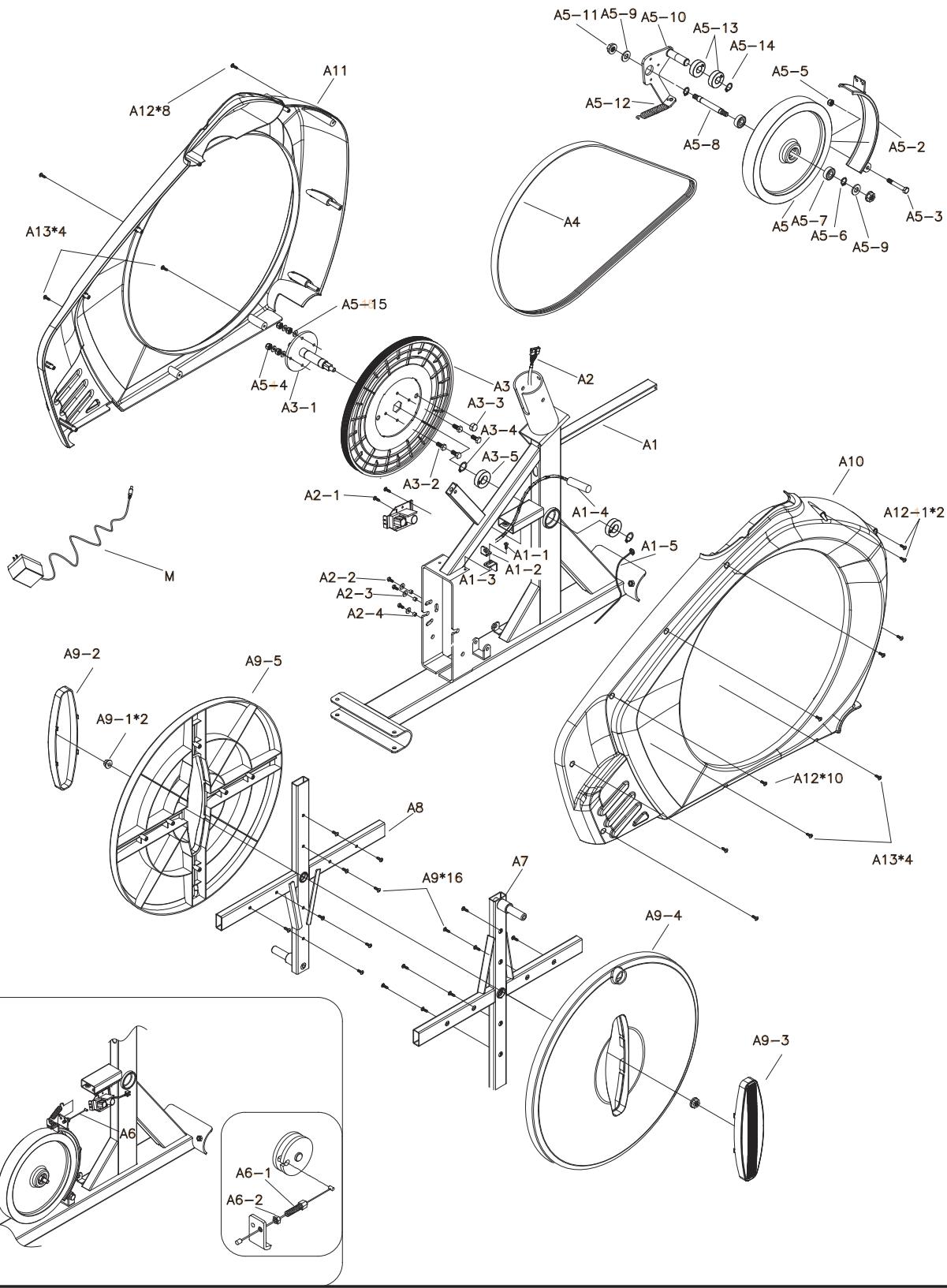
**WARNING: Always unplug your elliptical prior to cleaning or servicing your unit, in order to avoid electrical hazard or shock.**

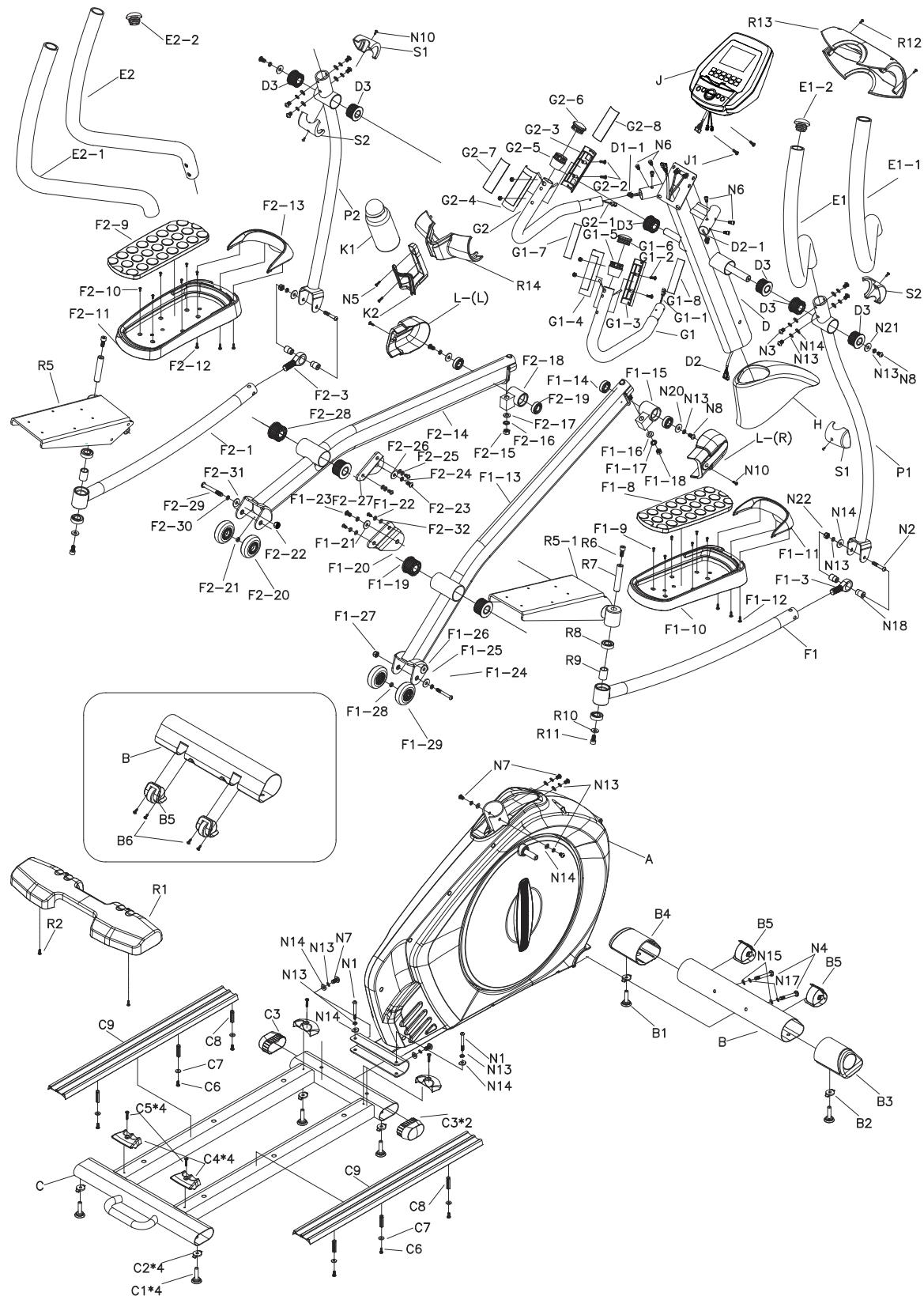
Care has been taken to assure that your elliptical has been properly adjusted and lubricated at the factory. It is not recommended that the user attempt service on the internal components instead seek service from an authorized service center. However, from time-to-time the outer surfaces may appear dull or dirty, following the instructions listed below will restore and preserve the original finish.

Cleaning metal surfaces may be accomplished by using a soft cotton or terry cloth rag with a light application of car wax. Do not use aerosol sprays or pump bottles as they may deposit wax upon the console surface.

From time-to-time the console surface may collect dust or fingers prints. The use of harsh chemicals will destroy the protective coating and cause a static build up that will damage the components. This surface may be cleaned with specially prepared chemicals found in most computer supply stores especially made for anti-static surfaces. It is strongly recommended that you purchase such a cleaning compound.

## EXPLODED VIEW





## PARTS LIST

P/N	PART	DESCRIPTION	Q'TY	P/N	PART	DESCRIPTION	Q'TY
A1		MAIN FRAME	1	A9-1		NUT(M10*P1.0)	2
A1-1		SCREW	1	A9-2		TURNING CONNECTOR	1
A1-2		UPPER IRON (T=3.0)	1	A9-3		TURNING CONNECTOR	1
A1-3		LOWER IRON (T=3.0)	1	A9-4		TURING PLATE (R)	1
A1-4		SENSOR WIRE	1	A9-5		TURING PLATE (L)	1
A1-5		DC CORD	1	A10		CHAIN COVER (R)	1
A2		SENSOR WIRE	1	A11		CHAIN COVER (L)	1
A2-1		CROSSHEAD SCREW FOR AXLE	2	A12		SCREW(M4*25)	8
A2-2		SCREW (M6*14L)	3	A12-1		SCREW(M4* 15)	2
A2-3		WASHER (M6*O 16*1.5T)	3	A13		SCREW (#10-32 *3/4q)	4
A2-4		BUSHING (O 9*O 6.1*5.3L)	3	B		FRONT STABILIZER	1
A3		DRIVE WHEEL	1	B1		ADJUSTED END	2
A3-1		AXLE (O19.98*146.6L)	1	B2		IRON	2
A3-2		CROSSHEAD SCREW FOR AXLE	4	B3		END CAP(R)	1
A3-3		MAGNET	1	B4		END CAP(L)	1
A3-4		CLIP(C21)	2	B5		WHEEL	2
A3-5		BEARING FOR AXLE (6004ZZ)	2	B6		SCREW (#8-32: *5/8q)	4
A4		BELT(69J-1428)	1	C		SLIDE TRACK	1
A5		FLYWHEEL(O 260*10Kg)	1	C1		ADJUSTED END	4
A5-2		HOUSING FOR MAGNET	1	C2		IRON	4
A5-3		SCREW (M8*52L)	1	C3		END CAP	2
A5-4		NUT (M6)	4	C4		DECORTATION COVER FOR TRACK	4
A5-5		NUT (M8)	1	C5		SCRREW(#10-32 *3/4q)	4
A5-6		CLIP (C12)	2	C6		SCREW(M5*13L)	6
A5-7		BEARING (6001ZZ)	2	C7		WASHER (M5*O 15*1.5)	6
A5-8		WHEEL AXLE (O 12*120L)	1	C8		NUT (M5)	6
A5-9		WASHER (M10*O 21*2.0t)	2	C9		ALIMINUM TRACKING	2
A5-10		PRESSING SPRING	1	D		CENTRAL SUPPORT TUBE	1
A5-11		NUT	2	D1-1		HAND PULSE SENSOR WIRE	1
A5-12		SPRING	1	D2		SENSOR WIRE	1
A5-13		BEARING (6203ZZ)	2	D2-1		HAND PULSE SENSOR WIRE	1
A5-14		CLIP (C17)	1	D3		END CAP	6
A5-15		WASHER (M6)	4	E1		SIDE HANDLE BAR( R)	1
A6		TENSION CONNECTOR	1	E1-1		SPONGE	1
A6-1		TENSION CABLE	1	E1-2		END CAP	1
A6-2		NUT	1	E2		SIDE HANDLE BAR(L)	1
A7		CRANK (R)	1	E2-1		SPONGE	1
A8		CRANK (L)	1	E2-2		END CAP	1
A9		SCREW (M5*20L)	16	F1		PEDAL TUBE (RIGHT)	1

## PARTS LIST (cont'd)

F1-3	UNIVERSAL JOINT (M16)	1	F2-25		SPRING(M8)	3
F1-8	CUSHION PAD	1	F2-26		WASHER (M8*O 28*2.0t)	1
F1-9	SCREW (M5*12L)	6	F2-27		FIXING SPACER	1
F1-10	PEDAL	1	F2-28		METAL BUSHING	2
F1-11	COVER FOR FRONT PEDAL	1	F2-29		SCREW(M8*78L)	1
F1-12	SCREW (M4*20L)	3	F2-30		SPRING(M8)	1
F1-13	PEDAL TUBE (RIGHT)	1	F2-31		WASHER (M8*O 16*1.2t)	1
F1-14	BEARING (6003ZZ)	2	F2-32		WASHER(M8*16*1.2)	4
F1-15	PEDAL JOINT	1	G1		FRONT HANDLEBAR(RIGHT)	1
F1-16	WASHER (M10)	1	G1-1		HAND PULSE SENSOR WIRE	1
F1-17	WASHER (M10*O 20*2.3t)	1	G1-2		SCREW (M3*35L)	2
F1-18	NUT(M10)	1	G1-3		HAND PULSE	1
F1-19	METAL BUSHING	2	G1-4		HAND PULSE	1
F1-20	FIXING SPACER	1	G1-5		END CAP	1
F1-21	WASHER (M8*O 28*2.0t)	1	G1-6		END CAP	1
F1-22	SPRING (M8)	3	G1-7		PAD FOR HAND PULSE	1
F1-23	SCREW (M8*20L)	1	G1-8		PAD FOR HAND PULSE	1
F1-24	SCREW (M8*78L)	1	G2		FRONT HANDLEBAR(LEFT)	1
F1-25	SPRING(M8)	1	G2-1		HAND PULSE SENSOR WIRE	1
F1-26	WASHER (M8*O 16*1.2t)	1	G2-2		SCREW(M3*35L)	2
F1-27	NUT (M8)	1	G2-3		HAND PULSE	1
F1-28	BUSHING	1	G2-4		HAND PULSE	1
F1-29	WHEEL (O 70)	2	G2-5		END CAP	1
F2-1	PEDAL TUBE (LEFT)	1	G2-6		END CAP	1
F2-3	UNIVERSAL JOINT	1	G2-7		PAD FOR HAND PULSE	1
F2-9	CUSHION PAD	1	G2-8		PAD FOR HAND PULSE	1
F2-10	SCREW (M5*12L)	6	H		DECORATION COVER	1
F2-11	PEDAL	1	J		MONITOR	1
F2-12	SCREW(M4*20L)	3	J1		SCREW	2
F2-13	FRONT COVER FOR PEDAL	1	K1		WATER BOTTLE	1
F2-14	PEDAL TUBE (LEFT)	1	K2		BOTTLE HONDEL	1
F2-15	NUT(M10)	1	L-(L)		DECORATION COVER OF PEDAL TUBE	1
F2-16	WASHER (M10*O 20*2.3t)	1	L-(R)		DECORATION COVER OF PEDAL TUBE	1
F2-17	WASHER(M10)	1	M		ADAPTOR	1
F2-18	JOINT FOR PEDAL TUBE	1	N1		SCREW (M8*58)	2
F2-19	BEARING(6003ZZ)	2	N2		SPRING (M8*70)	2
F2-20	WHEEL(O 70)	2	N3		SCREW(M8*20)	8
F2-21	BUSHING	1	N4		SCREW (M10*112L)	2
F2-22	NUT (M8)	1	N5		SCREW(M5*20)	2
F2-23	SCREW(M8*20L)	1	N6		SCREW(M6*10)	6

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## PARTS LIST (cont'd)

N7	SCREW(M8* 15)	6	R6		SCREW	2
N8	SCREW(M8*20)	4	R7		BUSHING	2
N10	SCREW(M4* 10)	6	R8		BEARING	4
N13	SPRING WASHER(M8)	22	R9		BUSHING	2
N14	WASHER(M8* 16* 1.2)	18	R10		WASHER	2
N15	WASHER(M10* 22* 1.5)	2	R11		SCREW	2
N17	SPRING WASHER(M10)	2	R12		SCREW	2
N18	BUSHING	4	R13		END CAP OF MAIN SUPPORT TUBE	1
N20	WASHER(M8*22* 2.0)	2	R14		COVER FOR CENTRAL SUPPORT TUBE	1
N21	WASHER(M8* 38* 2.0)	2	S1		DECORATION COVER OF HANDLE BAR	2
N22	NUT (M8)	2	S2		DECORATION COVER OF HANDLE BAR	2
P1	RIGHT MOVING HANDLE BAR	1				
P2	LEFT MOVING HANDLE BAR	1				
R1	SLIDE TRACK COVER	1				
R2	SCREW	2				
R3	SCREW	2				
R4	WASHER	2				
R5	PRACKET(L)	1				
R5-1	PRACKET(R)	1				

# **WARRANTY**

## **RESIDENTIAL WARRANTY**

BH North America will repair or replace, free of charge, at its option, parts that are defective as a result of material or workmanship. Lifetime replacement warranty coverage on frame and five (5) year on other parts. Labor warranty coverage is one (1) year. Warranty covers the original consumer purchaser only.

## **THIS WARRANTY DOES NOT COVER**

- Pre-delivery set-up.
- Components that require replacement due to dirt or lack of regular maintenance.
- Expendable items which become worn during normal use.
- Repairs necessary because of operator abuse or negligence or the failure to operate and maintain the equipment according to the instructions contained in the Owner's Manual.

For more detailed warranty information or to register your product warranty easily online, visit our website at: **www.BHFitnessUSA.com**

**FOR WARRANTY REPAIRS, PLEASE DO NOT TAKE YOUR MACHINE  
BACK TO THE RETAIL STORE. CONTACT BH FITNESS FIRST.**

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Mon - Fri 8am - 5pm PST